

Resveratrol may be a natural exercise performance enhancer: researchers

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A natural compound found in some fruits, nuts and red wine may enhance exercise training and performance, demonstrates newly published medical research from the University of Alberta.

Principal investigator Jason Dyck and his team found out in experiments that high doses of the [natural compound](#) resveratrol improved [physical performance](#), [heart function](#) and muscle strength in lab models.

"We were excited when we saw that resveratrol showed results similar to what you would see from extensive [endurance exercise](#) training," says Dyck, who works in the Faculty of Medicine & Dentistry as a researcher in the department of Pediatrics and the department of Pharmacology.

"We immediately saw the potential for this and thought that we identified 'improved exercise performance in a pill.' "

His team's findings were published in the peer-reviewed *Journal of Physiology* in late May.

Dyck and his team will soon start starting testing resveratrol on diabetics with heart failure to see if the natural compound can improve heart function for this patient group. The 10-week study is expected to start within the next few months.

"I think resveratrol could help patient populations who want to exercise but are physically incapable. Resveratrol could mimic exercise for them or improve the benefits of the modest amount of exercise that they can

do," says Dyck. "It is very satisfying to progress from basic research in a lab to testing in people, in a short period of time."

Provided by University of Alberta Faculty of Medicine & Dentistry

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